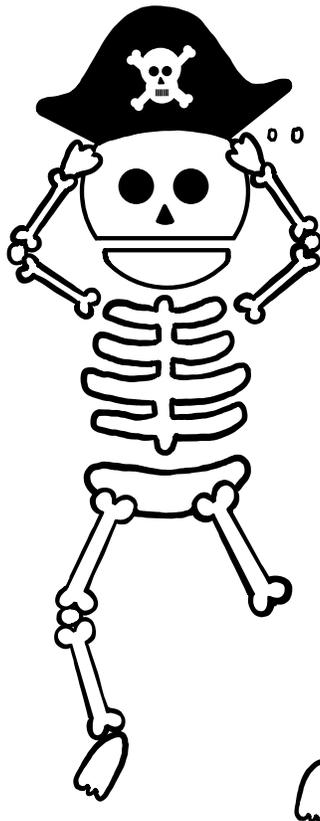


# BUILD-A-BONE

AN EDIBLE BONE MODEL BUILDING ACTIVITY

PRESENTED BY AMWA



AHOY THERE MATEY!

I'M CAPTAIN JACK MARROW, AND I SEEM TO HAVE LOST ME LEG! I DON'T WANT TO HAVE A PEG LEG LIKE EVERY OTHER PIRATE...

COULD YOU HELP MAKE ME A NEW ONE? I'LL TEACH YOU HOW TO DO IT!

GRAB YOUR FAITHFUL CREW, YOUR PARROT, AND YOUR TREASURE AND LET'S GET STARTED!



## FIRST, LET'S GET YOU A PIRATE NAME!

USE THE FIRST LETTER  
OF YOUR FIRST NAME:

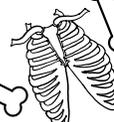
- A. SWASHBUCKLER
- B. PEG LEG
- C. SURLY
- D. SCARLET
- E. SPIKE
- F. OLD
- G. FISHY
- H. KING/QUEEN
- I. LONG JOHN
- J. SHARK BAIT
- K. TWO TOE
- L. MATEY
- M. RAPSCALLION
- N. FANCY PANTS
- O. ROYAL
- P. ADMIRAL
- Q. LORD/LADY
- R. BUCCANEER
- S. PATCHES
- T. SAILOR
- U. WILD
- V. SCALLYWAG
- W. SKIPPER
- X. SHIPMATE
- Y. CASTAWAY
- Z. JOLLY

USE THE FIRST LETTER OF  
YOUR LAST NAME:

- A. O'SCURVEY
- B. CRAB CAKES
- C. MAROONER
- D. RATTLE BONES
- E. BARNACLE
- F. LOBSTER LEGS
- G. MCWINKY
- H. PUFFY PANTS
- I. THE KIDD
- J. O'PATCHES
- K. LANDLUBBER
- L. HOOK HAND
- M. ATLANTIS
- N. SMUGGLER
- O. O'JELLY
- P. SPARROW
- Q. SEA WOLF
- R. CHUM BUCKET
- S. OF DARK WATER
- T. TUNA TOES
- U. SHIPWRECK
- V. CANNON SHOOTER
- W. BLACKBEARD
- X. CASTAWAY
- Y. CROSS BONES
- Z. BLACK HEART

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WELCOME TO ME CREW!





**NOW, LET ME TELL YOU THE STORY OF HOW I LOST ME LEG...**

**I WAS IN A HEARTY SEA BATTLE WITH MY NEMESIS, OLD ONE-EYE JONES, WHEN HE SHOT A WELL-AIMED CANNONBALL MY WAY. SEEING THAT I'M ONLY A SKELETON, IT SWIPED MY LEG CLEAN OFF! HE TOOK ALL THE IMPORTANT PARTS: THE BLOOD VESSELS, THE BONE MARROW (THAT'S WHAT I'M NAMED AFTER!), THE SPONGY BONE, THE COMPACT BONE, AND EVEN THE MEMBRANE HOLDING IT ALL TOGETHER!**

**I TRIED TO PIECE IT ALL BACK TOGETHER, BUT I DON'T HAVE ANY EYES, SO THAT WAS A REAL PUZZLE. NOW HERE I AM. LEGLESS—JUST LIKE ANY OTHER OLD PIRATE!**

**WELL ARE YOU READY TO FIX ME LEG? WHAT? YOU DON'T KNOW WHERE THE BONE PARTS GO? WELL LET ME TEACH YOU, MATEY!**

**THE BLOOD VESSELS ARE IMPORTANT BECAUSE THEY GIVE MY BONES ALL THE VITAMINS AND NUTRIENTS THEY NEED TO STAY STRONG AND HEALTHY. THEY GO RIGHT THROUGH THE MIDDLE OF THE BONE AND ALSO OUTSIDE IT TO MAKE SURE THE WHOLE BONE GETS WHAT IT NEEDS!**

**THE BONE MARROW, ME FAVORITE PART, IS RIGHT IN THE MIDDLE, AND MAKES THE BLOOD CELLS THAT MAKE UP BLOOD. THE BLOOD CELLS HELP CARRY OXYGEN TO MY STRONG BONES!**

**THE SPONGY BONE WORKS LIKE A MINI SKELETON FOR MY BONE MARROW — IT HAS A BUNCH OF TINY SPACES IN IT TO HOLD THE BONE MARROW TOGETHER.**

**THE COMPACT BONE IS NICE AND HARD, AND MAKES SURE ALL THE IMPORTANT STUFF IN THE MIDDLE OF MY BONES IS NICE AND PROTECTED!**

**FINALLY, THE BONE MEMBRANE SURROUNDS MY ENTIRE BONE AND PROTECTS THE WHOLE BONE AND KEEPS EVERYTHING TOGETHER!**





**WELL MATEY, ARE YOU FEELING READY TO HELP CAPTAIN JACK MARROW OUT? LET'S SEE WHAT YOU KNOW!**

**WHAT PART OF THE BONE COVERS THE WHOLE BONE TO PROTECT IT?**

**1 2 3 4 5 6 7 8**

**WHAT PART OF THE BONE SUPPORTS AND MAKES THE BONE MARROW AND IS FOUND IN THE CENTER OF THE BONE?**

**9 10 11 12 13 14 15 16 17 18**

**WHAT PART OF THE BONE BRINGS NUTRIENTS TO THE BONE TO KEEP IT HEALTHY?**

**19 20 21 22 23 24 25 26 27 28 29 30**

**WHAT PART OF THE BONE MAKES BLOOD CELLS?**

**31 32 33 34 35 36 37 38 39 40**

**WHAT PART OF THE BONE IS VERY SOLID AND HARD AND SURROUND EVERYTHING IN THE MIDDLE OF THE BONE?**

**41 42 43 44 45 46 47 48 49 50 51**

**WHAT STYLE OF FOOD IS A PIRATE'S FAVORITE?**

**15 6 5 37 38 - 19 - 41 <sup>U</sup> FREE 25**



**ANSWERS: 1-MEMBRANE; 2-SPONGY BONE; 3-BLOOD VESSELS; 4-BONE MARROW; 5-COMPACT BONE; 6-BARRR-B-CUE; 7-SWERS**



NOTE: PARENTS PLEASE BE AWARE IF YOUR CHILD HAS ANY FOOD ALLERGIES TO THE BELOW INGREDIENTS — SUBSTITUTE IF NECESSARY!

**ARRR, IT SEEMS LIKE YOU'RE READY TO CAPTAIN THIS OPERATION!  
LET'S GET TO BUILDING ME A NEW LEG!**

**YOU'LL NEED:**

- 1 TORTILLA
- 2 LADY FINGERS
- 4 STRAWBERRY SUGAR WAFER COOKIES
- STRAWBERRY JAM
- TWIZZLERS PULL & PEEL LICORICE



**INSTRUCTIONS:**

1. PLACE THE TORTILLA ON A PLATE



2. OPEN THE LADY FINGERS AND PLACE THEM ALONG THE CENTER OF THE TORTILLA





**3. SPREAD STRAWBERRY JAM ONTO 2 HALVES OF THE LADY FINGERS**



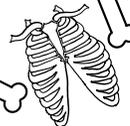
**4. LAY 1 STRAND OF LICORICE DOWN THE CENTER OF THE LADY FINGERS**



**5. SANDWICH THE 2 LADY FINGERS BACK TOGETHER WITH THE LICORICE IN THE MIDDLE AND PLACE THE SUGAR WAFERS ALONG THE SIDES OF THE LADY FINGERS**



**6. ROLL UP THE TORTILLA AND WRAP ANOTHER STRAND OF LICORICE AROUND THE ENTIRE TORTILLA**



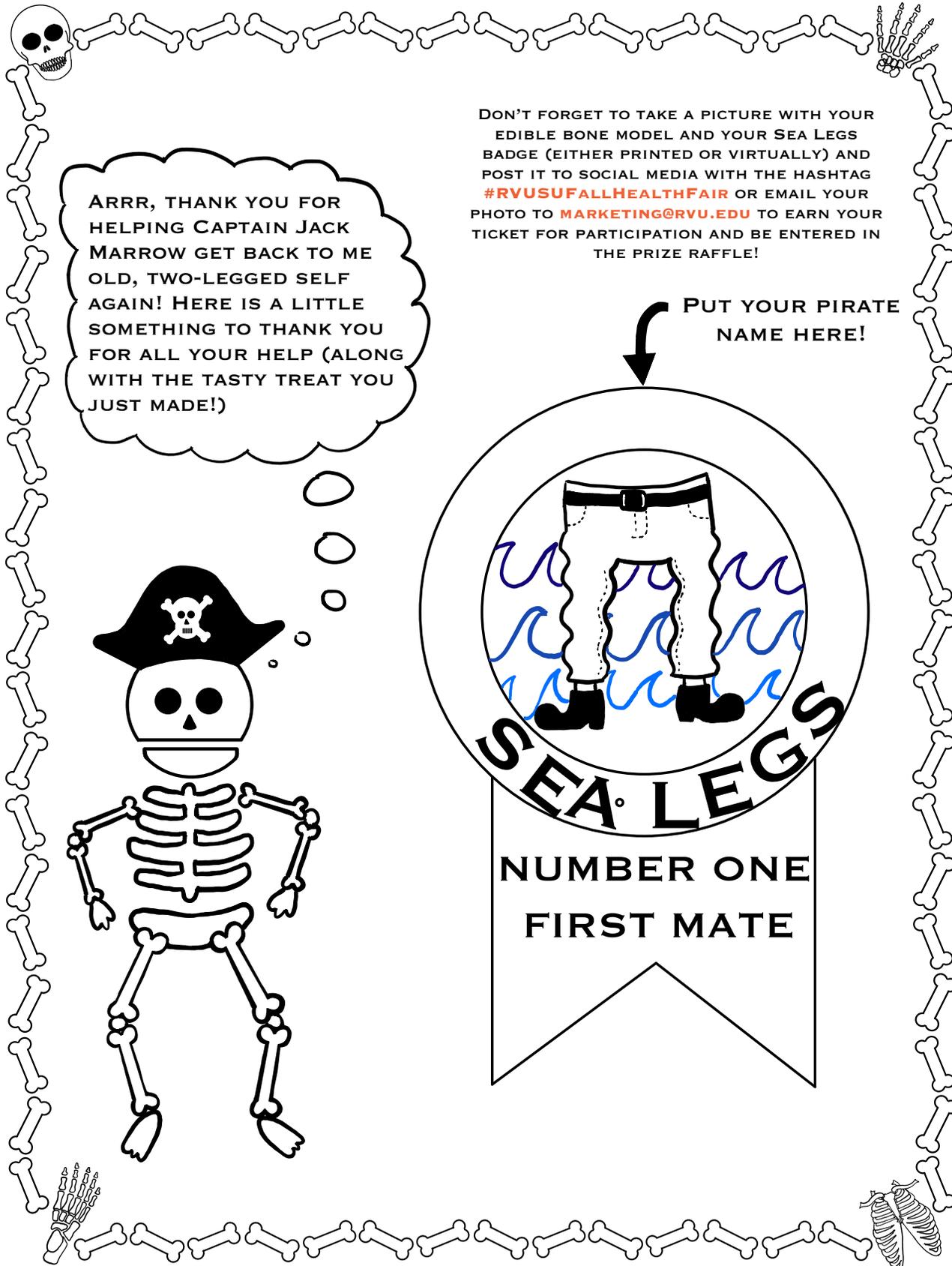
**YOUR BONE IS ALL DONE! CAN YOU TELL ME WHAT EACH PART OF THE BONE MODEL REPRESENTS ON A REAL BONE?**



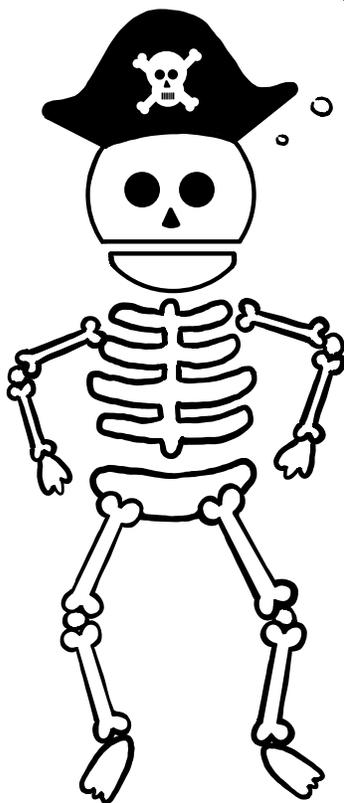
- + **THE TORTILLA REPRESENTS THE MEMBRANE**
- + **THE LADY FINGERS REPRESENT THE SPONGY BONE**
- + **THE SUGAR WAFER COOKIES REPRESENT THE COMPACT BONE**
- + **THE STRAWBERRY JAM REPRESENTS THE BONE MARROW**
- + **THE LICORICE REPRESENTS THE BLOOD VESSELS**

**WELL DONE, MATEY!**

THANK YOU TO [HTTP://SCIENCE-MATTERSBLOG.BLOGSPOT.COM/2011/10/BODY-SYSTEMS-SKELETAL-SYSTEM-EDIBLE.HTML](http://science-mattersblog.blogspot.com/2011/10/body-systems-skeletal-system-edible.html) FOR THE BONE MODEL BUILDING ACTIVITY IDEA!



ARRR, THANK YOU FOR HELPING CAPTAIN JACK MARROW GET BACK TO ME OLD, TWO-LEGGED SELF AGAIN! HERE IS A LITTLE SOMETHING TO THANK YOU FOR ALL YOUR HELP (ALONG WITH THE TASTY TREAT YOU JUST MADE!)



DON'T FORGET TO TAKE A PICTURE WITH YOUR EDIBLE BONE MODEL AND YOUR SEA LEGS BADGE (EITHER PRINTED OR VIRTUALLY) AND POST IT TO SOCIAL MEDIA WITH THE HASHTAG **#RVUSUFALLHEALTHFAIR** OR EMAIL YOUR PHOTO TO **MARKETING@RVU.EDU** TO EARN YOUR TICKET FOR PARTICIPATION AND BE ENTERED IN THE PRIZE RAFFLE!

PUT YOUR PIRATE NAME HERE!

